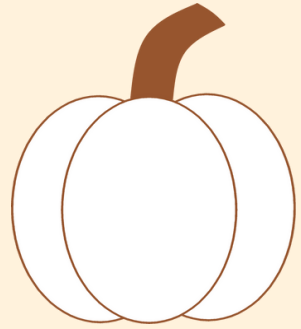


OCTOBER 2023

# healthy families

FAMILY & COMMUNITY HEALTH NEWSLETTER  
TEXAS A&M AGRILIFE EXTENSION - HALE COUNTY



## WELCOME FRIENDS!

October is here! Although it doesn't necessarily feel like Fall yet, with our high temperatures, I am confident those cooler days are coming! This issue is full of fun ideas to enrich your family life. Check out the pumpkin nut muffin recipe, safe pumpkin carving ideas as well as fun ways to spice up your coffee for the fall season. Thanks for checking out this month's copy of "Healthy Families"!



### FALL COFFEE THAT ISN'T PUMPKIN SPICE?!

Fall is here and for me that means "bring on the cozy Fall coffee"! I like pumpkin spice, but what are some other ways to make your coffee feel like Fall without all the calories? Try these spices to refresh your morning coffee experience!

- Cinnamon - there are so many ways to include cinnamon in your coffee. The simplest is to sprinkle a little of the spice on your coffee grounds just before brewing. Not only will your entire pot of coffee be perfectly flavored, but your kitchen will also smell amazing.
- Nutmeg - Nutmeg sprinkled in your coffee or on top of your latte foam gives you that little rush of the season.

- Cardamom - this surprising spice will entice your taste buds and awaken your senses. Add it to your after-dinner coffee as a digestive aid and get even more bang for your buck.
- Cloves - a delicious addition to a strong morning cup of coffee, clove is sure to make you sit up and notice. A little bit of cloves can go a long way, so add sparingly until you get the flavor you desire.

Check out the link below for more ideas to enhance your Fall coffee!

<https://www.coffeeam.com/blogs/blog/cozy-fall-coffee-hacks-that-arent-pumpkin-spice#:~:text=Apple%20Pie%20Spice%20%2D%20if%20cinnamon,unique%20take%20on%20fall%20flavor.>



# THIS SEASON'S SPECIALTIES



## SNACK/DESSERT RECIPE

Guess what season it is? Pumpkin season! If you are a pumpkin spice lover then you NEED to try these muffins! Try out this tasty, fall recipe:

<https://dinnertonight.tamu.edu/recipe/pumpkin-nut-muffins/>



## Pumpkin Nut Muffins

Servings: 22

### Dressing

- 13.5 ounce French vanilla Cake Mix
- 2.5 cups Pumpkin Puree
- 2 teaspoons Pumpkin Pie Spice
- 1 teaspoon Cinnamon
- 1 teaspoon Vanilla Extract
- 4 Tablespoons Chia Seeds
- 1.5 cups Pecan Pieces

### Instructions

#### General

1. Clean your preparation area and wash your hands.
2. Preheat oven to 350 degrees.
3. In a large bowl, combine the vanilla cake mix, pumpkin puree, pie spice, cinnamon, and vanilla extract until thoroughly combined.
4. Stir in the chia seeds and pecan pieces.
5. Line a muffin tin with liners and distribute evenly across 22 muffin wells.
6. Bake for 15-18 minutes.

## Nutrition Facts

22 muffins servings per container  
Serving size 1 muffin (55g)

Amount per serving

**Calories** 140

% Daily Value\*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 18g 7%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 7g Added Sugars 14%

Protein 2g

Vitamin D 0mcg 0%

Calcium 60mg 6%

Iron 1mg 6%

Potassium 48mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**NOT A HUGE FAN OF PUMPKIN SPICE? THEN TRY THESE OTHER FALL RECIPES!**

### QUINOA BUTTERNUT SQUASH FALL BAKE

[HTTPS://YOUTU.BE/SMP8ZBU3Y0Q](https://youtu.be/SMP8ZBU3Y0Q)

### NUTTY APPLE RINGS

[HTTPS://YOUTU.BE/YEYINAEMSU](https://youtu.be/YEYINAEMSU)

### MAPLE GLAZED ROASTED VEGGIES

[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/MAPLE-GLAZED-ROASTED-VEGGIES/](https://dinnertonight.tamu.edu/recipe/maple-glazed-roasted-veggies/)



# AFFORDABLE HALLOWEEN COSTUMES

HALLOWEEN IS A FUN TIME FOR YOUR FAMILY TO GET DRESSED UP. HOWEVER, PURCHASING COSTUMES CAN BE EXPENSIVE! BELOW ARE FUN AND AFFORDABLE HALLOWEEN COSTUMES FOR YOUR FAMILY TO TRY THIS YEAR!



## PINEAPPLE OR ANY FRUIT

DRESSING UP AS A FOOD IS ALWAYS SO FUN - ESPECIALLY IF IT'S YOUR CHILD'S FAVORITE!



## MERMAID

WHO WOULD HAVE THOUGHT THAT COFFEE FILTERS COULD MAKE THE CUTEST COSTUME?!



## GIANT POP IT

ARE YOUR CHILDREN OBSESSED WITH POP ITS? THEN THEY WILL LOVE THIS COSTUME!

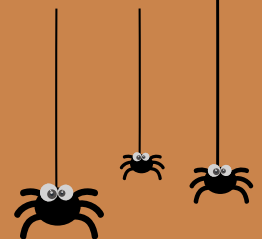


## SUPERHERO CAPES

ALL YOU NEED TO BUY FOR THIS COSTUME IS FELT. IT INVOLVES NO SEWING AND IS QUICK TO MAKE!



CLICK THE NAMES OF EACH COSTUME TO LEARN HOW TO MAKE IT! FOR ALL OF THESE IDEAS, YOU ONLY NEED A FEW ITEMS, AND IT SHOULD NOT COST YOU MORE THAN \$20! THE INSTRUCTIONS ARE SO EASY TO FOLLOW!



# PUMPKIN CARVING SAFETY

Carving pumpkins can be a fun fall activity to do with your family. Although, it can be nerve-racking when your children are using carving knives! Below are a few tips and tricks to ensure everyone stays safe while carving pumpkins this year!

- Use the right tools. Even though using butter or steak knives in your kitchen is convenient, it is actually more dangerous and can ruin your knives! Purchase a pumpkin-carving kit to ensure you have all of the right tools!
- Carve your pumpkin with its top on. Usually, when carving pumpkins, you take the top off first to scoop out the insides. This year, try to wait to take the top off until you are done carving. This will help you to not reach your hand inside and end up hurting yourself!
- Keep things clean, dry, and bright. Also, make sure where you are working is well-lit and take your time.
- Don't let kids carve. I know kids usually want to do it, but it is recommended children 14 and under not carve. Instead, let them draw the design they would like, and then an adult should do the actual carving. They can also have fun scooping the insides and picking the seeds out to make roasted pumpkin seeds!
- Know first aid. If someone were to get cut while carving, apply direct pressure to the injury using a clean, dry cloth. If the bleeding does not stop after 15 minutes, go to an emergency room or urgent-care clinic.

To learn more, go to: <https://dinnertonight.tamu.edu/carving-pumpkins-knife-safety/>



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